



# The Journal

Vol. 28

No. 48

[www.dcmilitary.com/journal/](http://www.dcmilitary.com/journal/)

December 8, 2016

*Breakfast with Santa*  
-Page 5



U.S. Navy photo by Petty Officer 2nd Class Hank Gettys



# USS John C. Stennis Arrives in Hawaii for 75th Anniversary of Attack on Pearl Harbor, Oahu



PHOTO BY PO2 AIYANA S. PASCHAL

The Nimitz-class aircraft carrier USS John C. Stennis (CVN 74) pulls into Pearl Harbor, Hawaii, to participate in National Pearl Harbor Remembrance Day events in Hawaii. December 7, 2016 will mark the 75th anniversary of the attack on Pearl Harbor and Oahu.

**By From USS John C. Stennis (CVN 74) Public Affairs**

PEARL HARBOR (NNS) — Aircraft carrier USS John C. Stennis (CVN 74) pulled into Pearl Harbor, Dec. 2, to participate in National Pearl Harbor Remembrance Day events in Hawaii.

John C. Stennis got underway from Naval Base Kitsap-Bremerton, Washington, Nov. 22 to conduct routine training.

Dec. 7, 2016, will mark the 75th anniversary of the attack on Pearl Harbor and Oahu, which precipitated the United States' entry into World War II.

The theme of this year's commemoration, "Honoring the Past,

Inspiring the Future," is highlighted through events that have already begun and will continue through Dec. 11. These include remembrance events, concerts and performances by military and civilian groups, themed movies on the beach, events for World War II and Pearl Harbor survivors and veterans, educational opportunities and the Honolulu Marathon.

The commemoration planning is led by the 75th Commemoration Committee, in partnership with the U.S. military, other government agencies, nonprofit organizations and business partners.

Prior to arriving in Hawaii and after its departure, John C. Stennis

conducted at-sea training to maintain and build technical and operational proficiency. Ongoing training is essential in ensuring U.S. warships remain capable, adaptive and able to carry out an array of missions around the world. Scheduled operations and training while underway included damage control and firefighting drills, carrier qualifications, flight deck operations, seamanship evolutions, engineering training, and exercises designed to maintain technical and tactical proficiency in a variety of warfare areas.

For more news on John C. Stennis, visit [www.stennis.navy.mil](http://www.stennis.navy.mil) or follow along on Facebook at [www.facebook.com/stennis74](http://www.facebook.com/stennis74).

## Bethesda Notebook

- Hanukkah Ceremony**  
The annual Hanukkah ceremony will be Dec. 15 at 2:30 p.m. in Building 10's Command Duty Officer Quarterdeck. All staff, patients, families and visitors are invited to attend.
- Prostate Cancer Support Group**  
The Prostate Cancer Support Group meets at Walter Reed National Military Medical Center the third Thursday of every month. The next meeting will be Dec. 15 from 1 to 2 p.m. and 6:30 to 7:30 p.m. in the America Building River Conference Room on the third floor. Spouses and partners are invited. Military ID is required for base access to WRNMMC. For those without a military ID, call the Prostate Center at 301-319-2900 at least four business days prior to the event for base access. For more information, contact retired Col. Jane Hudak at 301-319-2918 or [jane.l.hudak.ctr@mail.mil](mailto:jane.l.hudak.ctr@mail.mil).
- Pre-retirement Seminar**  
A two-day pre-retirement seminar is scheduled for Dec. 13-14 from 8 a.m. to 4 p.m. each day. Pre-registration is required and space is limited. The seminar is for WRNMMC DoD GS employees planning to retire within the next five years. For more information, contact [dha.bethesda.wrnmmc.list.preretirement-seminar@mail.mil](mailto:dha.bethesda.wrnmmc.list.preretirement-seminar@mail.mil).
- HIV/AIDS Education**  
Nurses, social workers and other health care professionals are invited to attend an HIV/AIDS Education session on Dec. 20 at 1 p.m. in Building 10's Clark Auditorium. Attendees can earn one free continuing education credit. For more information contact Joan Godich at 301-295-4878.

Published by offset every Thursday by APG Media of Chesapeake, LLC, 301-921-2800, a private firm in no way connected with the U.S. Navy, under exclusive written contract with Naval Support Activity Bethesda, Md. This commercial enterprise newspaper is an authorized publication for members of the military services. Contents of The Journal are not necessarily the official views of, nor endorsed by, the U.S. Government, the Department of Defense, or the Department of the Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or APG Media of Chesapeake, LLC, of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex,



national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user, or patron. Editorial content is edited, prepared and provided by the Public Affairs Office, Naval Support Activity Bethesda, Md. News copy should be submitted to the Public Affairs Office, Building 17, first floor, across from PSD, by noon one week preceding the desired publication date. News items are welcomed from all installation sources. Inquiries about news copy will be answered by calling 301-295-1803. Commercial advertising should be placed with the publisher by calling 301-848-0175. Publisher's advertising offices are located at APG Media of Chesapeake, LLC, 29088 Airpark Drive, Easton, MD 21601. Classified ads can be placed by calling 1-800-220-1230.

## Naval Support Activity Bethesda

Commanding Officer: Capt. Marvin L. Jones  
Public Affairs Officer: Jeremy Brooks  
Public Affairs Office: 301-295-1803

### Journal Staff

Managing Editor PO3 William Phillips  
WRNMMC Editor Bernard Little

Writers  
Andrew Damstedt  
Kalila Fleming  
PO2 Hank Gettys  
PO1 Christopher Krucke  
Joseph Nieves  
Sharon Renee Taylor

NSA Bethesda	
Fleet And Family Support Center	301-319-4087
NSAB Emergency Info	301-295-6246
NSAB Ombudsman	
Dedra Anderson	301-400-2397
NSAB Chaplain's Office	301-319-4443
	301-319-4706
Installation SARC	
Kimberley Agnew	301-400-2411
Troop Command SARC	
Rosemary Galvan	301-319-3844
SARC 24/7	301-442-2053
SAPR VA 24/7 Helpline	301-442-8225



# WTB Pilot Wellness Program Teaches Soldiers Healthy Habits

By Andrew Damstedt  
The Journal

With a mix of '80s music playing in the background, five Soldiers battled it out in a cooking competition Dec. 1 to cap off the Warrior Transition Brigade's pilot wellness program.

The assignment was to transform food from the Warrior Café into a healthy dish using what they've learned during the six-week class.

"We wanted them to use those ingredients that they have available to them every day and create something new out of it," said Shannon Webb, WTB rehab manager.

The program focused on nutrition, fitness and sleep and was led by Webb and Katherine Bentley, WTB physical therapist.

Army Spc. Ian Crawford made a peanut butter Nutella sandwich on rye bread, a spinach salad with tuna, pretzel sticks on the side, and was the first to have his meal plated for the judges.

"I've been learning about the good foods you should be taking into your body," Crawford said. He said the program has taught him that "food is fuel" and which foods will make him feel better and which foods will give you energy.

His team was awarded the most creative by the two judges.

At the start of program, the participating Soldiers who were in the wellness program as well as the two instructors went to the Army Wellness Center and had their body fat percentage, resting metabolism and aerobic capacity tested. At the end of the class, they'll be tested again to see how they've improved and what areas need more work.

"We want to make sure we educate people while they're here and whether or not they return to the force or retire, we're giving them those skills that are important for them," Bentley said.

The Soldiers met twice a week and received instruction on different exercises, strength training, nutrition, meal planning, healthy sleep habits, emotional and social wellbeing.

"The goal for the program is that six weeks is not enough time to make lasting changes unless they're willing to apply it every day," Bentley said.

Army Spc. Angela Tijerina said the class has reinforced things she's learned previously about healthy eating and nutrition. For the cooking competition, her team made a bruschetta chicken.

She said she joined the wellness program because she's been more sedentary due to different ailments, but wanted to get active again.

The wellness program gave her a different outlook on her situation as she's worked with Wounded Warriors.



PHOTO BY ANDREW DAMSTEDT

**Army Spc. Justis Mershon and Army Spc. Angela Tijerina present their dish to judges Bryce Doody and Amber Wilkins Dec. 1 at the Warrior Transition Brigade's wellness program cooking competition.**

"Seeing how they've struggled and how they're overcoming it gives me motivation that 'Hey, I can do this too' and stop with the 'woe is me.'"

She made a bruschetta chicken during the competition with her teammate Army Spc. Justis Mershon.

Mershon said he doesn't get a lot of chances to cook, so taking the class helped him find things to make that are healthy. Other aspects of the class he liked were the hike to Great Falls and the yoga instruction. Their team won best presentation.

Sgt. 1st Class Charlie Cole said he joined the class because he wanted to drop 30 pounds.

"I incorporated the wellness program into a workout routine as well as a healthy diet so I could learn more and have fun with fellow Soldiers and learn more about food," Cole said.

His team made a broccoli cheese chicken pasta casserole served with a smoothie. He was on the phone with his wife during the competition so she could give him some pointers on the dish she helped him create. His team won best-tasting dish.

"I think the program in itself is comprehensive in the spectrum of health, wellness and fitness," Cole said. "It's a really good approach. I hope the program is successful in the future."



PHOTO BY ANDREW DAMSTEDT

**Sgt. 1st Class Charlie Cole plates the broccoli cheese chicken pasta casserole he made with his teammate Dec. 1 at the Warrior Transition Brigade's wellness program cooking competition.**



# Veteran Gives Surgery ‘Thumbs Up’

By Bernard S. Little  
WRNMMC Public Affairs

Retired Army Capt. Michael Trost gives the thumbs up to his most recent surgery at Walter Reed National Military Medical Center.

That surgery, performed in April, used his amputated foot to rebuild his right hand, giving him a new thumb constructed from his big toe.

Trost, 52, has endured more than 30 surgeries, including the amputation of his right leg below-the-knee, since being shot in Afghanistan on Feb. 20, 2012.

A Chico, California native, Trost first joined the military in 1982.

While serving in Afghanistan with the 489th Army Reserve Unit out of Knoxville, Tennessee in 2012, machine gun fire pierced Trost's body five times, resulting in the loss of his right thumb and index finger, and use of his right leg.

"We were ambushed by a Taliban plant within the Afghan National Army," Trost explained.

Then a master sergeant, Trost was in charge of a team responsible for civil affairs in the region and meeting with school officials and religious leaders from area villages.

"I went to scratch my face, and the first bullet came across my face, hitting my right hand and blowing off my thumb and index finger," he said. The four other shots hit him in his right and left legs and buttocks. The sciatic nerve in his right leg, from his knee to his foot, was severely damaged.

Trost credits the Soldiers in his unit with helping to save his life.

Although he lost 12 units of blood, he said he never lost consciousness. He was the one who told his wife, Stephanie, he had been shot that same day.

"When I first answered [the phone], I could hear heart monitors and (other equipment) in the background," Stephanie recalled. "And I could hear someone say, 'Master Sergeant, your wife's on the phone.'"

He was first treated at a combat support hospital in Kandahar, Afghanistan, before being air evacuated to Landstuhl Regional Medical Center in Germany and then to WRNMMC where he arrived on Feb. 25, 2012.

Trost spent nearly a year at WRNMMC, first as an inpatient and then as an outpatient, undergoing various surgeries and rehab. When he was discharged, he returned to his farm in Tennessee where he and his wife have horses, donkeys, alpacas, chickens, dogs and a cat.

In April of this year, Walter Reed Bethesda surgeons had to amputate Trost's right leg below the knee because of nerve damage, and in a unique procedure, used his amputated foot to rebuild part of his right hand. Navy Cmdr. (Dr.) George Nanos, an orthopedic surgeon at WRNMMC, had previously performed six other surgeries on Trost's injured hand before the April procedure.

"He genuinely cares about my welfare," Trost said, who called it "amazing" what Nanos and his "A team" of colleagues, including Army Lt. Col. (Dr.) Benjamin Potter and Navy Cmdr. (Dr.) Jonathan Forsberg, were able to do for him.

Despite the loss of his leg, Trost describes himself as "an optimist; a glass-half-full-kind of guy for which quitting is not an option. I didn't lose a leg, but gained a thumb. Where else can you get stuff like that done except for here at Walter Reed Bethesda. I was very fortunate to be able to come back here."

Trost said having a new thumb has enabled him to again, hold a mug, turn a door knob, use handles, and do other functional tasks with his right hand.

He also gives credits to staff in WRNMMC's Military Advanced Training Center, Occupational Therapy, as well as care coordinators Steve Springer and Dixie Johnson for facilitating and assisting in his treatment and rehabilitation.

"The teams are incredibly professional and awesome to work with, and to call friends. If it was not for all of their hard work, this might've never happened. The staff at WRNMMC is family, and they are all amazing people."

Trost added Stephanie has been his primary motivator, his rock, through his challenges. "[She's] not going to let me complain or sit on my butt. The spouses and caregivers don't get the credit they deserve. She has always been there to help me out along the way."



PHOTO BY BERNARD S. LITTLE

**Retired U.S. Army Capt. Michael Trost and his wife Stephanie share a laugh in the Walter Reed Bethesda Military Advanced Training Center. His most recent surgery included the amputation of his right leg below the knee, and parts of his foot were used to rebuild his right thumb which was shot off while he was serving in Afghanistan in 2012.**

"We appreciate everything everyone at Walter Reed Bethesda has done for us," Stephanie added. She agreed with her husband that "the ride has been interesting" with its ups and downs, but they will continue to face their challenges "full steam ahead."

## Healthy Aging Starts Now

By Sharon Renee Taylor  
WRNMMC public affairs

"Aging is a part of life," explained Navy Capt. (Dr.) Kenneth Pugh, chief of geriatrics and palliative care at Walter Reed National Military Medical Center (WRNMMC). He said a midlife lifestyle of exercise, proper rest, and a balanced diet, in your 40s, 50s or 60s can extend quality of life, later.

The geriatrician said the health and functional status of older adults spread across a wide spectrum. By the time he sees a patient, the individual is likely to have deterioration, loss of control, and begun slowing down, Pugh said.

There is plenty of evidence that links midlife conditions to the development of geriatric syndromes later in life, like dementia, falling, failure to thrive, incontinence, frailty and loss of independence—challenges often not focused on until they become a crisis, Pugh explained.

"Diabetes becomes common with aging, dementia becomes common with aging. Just because it's common doesn't mean it is normal," he said. "People are living longer but they're not all living as healthy and successful as they'd like."

Early intervention is important, Pugh said. "Maintain your ability

to care for yourself right up to the very end and have a good quality of life."

Statistics issued by the Centers for Disease Control and Prevention (CDC) in June 2016 indicate a life expectancy of 78.8 years, and 21 percent of noninstitutionalized persons age 65 and over, and in fair or poor health. The data reports heart disease, cancer, and chronic lower respiratory disease as the leading causes of death of persons 65 and over.

In 2015, the National Institute on Aging reported research findings that suggest higher levels of physical activity in older adults

may protect against loss of motor function.

### A lifestyle of well-being

Veterans Health Administration indicated eight recommendations that contribute to the well-being for aging veterans: stay active, stay safe, find balance, eat healthy, sleep well, maintain relationships, nurture your spirit, and lower stress.

Lynn Johnson, a former hospital corpsman and 50-something administrative assistant who



# Breakfast With Santa

Photos by PO2 Hank Gettys

Morale, Welfare and Recreation hosted Breakfast with Santa for families Dec. 3 at the Warrior Cafe on Naval Support Activity Bethesda. The event included breakfast, arts and crafts and photos with Santa, along with gifts for each child.



## HELP GIVE OUR MILITARY FAMILIES A HELPING HAND.

Wounded Warriors Family Support is an independent nonprofit organization whose mission is to improve the quality of life for the families of our combat wounded. Having earned Charity Navigator's highest four-star rating, Wounded Warriors Family Support aids veterans and their families in healing the wounds that medicine cannot.

Wounded Warriors Family Support serves veterans and their families across the country in a variety of ways: Respite, Family Retreats, Mobility-equipped Vehicles and Veterans Welding Training.

CFC# 81534  
wwfs.org



OUR MISSION: SUPPORTING MILITARY FAMILIES



**WOUNDED WARRIORS**  
**FAMILY SUPPORT**  
WOUNDEDWARRIORSFAMILYSUPPORT.ORG



## Experience the WORLD in 9 Degrees!

Now - January 1, 2017

- Carved from more than TWO-MILLION pounds of ice
- Enjoy two-story ice slides, an enchanting Parade of Toys and larger-than-life ornaments
- Travel through the North Pole and sit inside Santa's sleigh
- Visit the Frostbite Factory – an interactive ice carving station

Exclusive Offers with Military I.D.

ICE! Tickets Starting at\*

**\$22** ADULT (ages 12+)  
**\$15** CHILD (ages 4-11)  
a 20% Savings!

Overnight & Holiday Getaways  
Starting at \$139\*\*

[GaylordNational.com/Military](http://GaylordNational.com/Military) or call (301) 965-4000

ICE! will be closed December 5-7. \*Subject to 10% entertainment tax and service fee per ticket. \*\*Per room plus tax and parking. Guest must present a picture ID and an active or retired military/government ID upon check-in to qualify for these offers. Package pricing, components, show schedules and entertainment subject to change without notice. See website for restrictions. PEPSI, PEPSI-COLA and the Pepsi Globe are registered trademarks of PepsiCo, Inc. FUJIFILM and INSTAX are trademarks of FUJIFILM Corporation and its affiliates. © 2016 FUJIFILM North America Corporation. All rights reserved.

ICE! PRESENTED BY



PRESENTED BY





# Walter Reed Bethesda Honors Nurses

By Sharon Renee Taylor  
WRNMMC Public Affairs

Patients, their families, and colleagues nominated more than 200 nurses for the DAISY Award for extraordinary care during the summer and early fall at Walter Reed National Military Medical Center (WRNMMC). From those nominations, Navy Lt. Cmdr. Gwendolyn Mulholland, Dieudonne Komara, Stacy Walsh-Pouch, and Claudia Chavez received the award for June, July, August, and September, respectively.

Bonnie and Mark Barnes established the DAISY Award program to express their gratitude for the nursing care their son Patrick received during his hospitalization prior to his death from an autoimmune disease in 1999 in Texas. DAISY stands for diseases attacking the immune system, and the award program aims to “drive organizational culture, inspire and motivate extraordinary nursing, nourish teamwork, and promote the professional image of nursing,” according to the DAISY Foundation.

The former Walter Reed Army Military Medical Center recognized nurses with DAISY awards, and the monthly recognition continued

when WRAMC and the former National Naval Medical Center joined forces in 2011.

A fellow nurse in medical-surgical/wound care nominated Mulholland, a clinical nurse specialist, for the June DAISY Award.

“I had been working on my unit for a few months...definitely a novice nurse and new situations seemed to come up every time I showed up to work,” Mulholland’s colleague explained. A patient in Mulholland’s care was coming to terms with a difficult diagnosis and complications, the nomination continued.

“Throughout the next two hours, this nurse stood at the bedside of my patient...she stayed with him...and made him feel comfortable,” the nomination added. “The patient and his family said they ‘could not have imagined receiving better care than what they received from [me] and this nurse that day.’ I am certain that her expertise and

dedication are what consoled my patient,” Mulholland’s colleague stated.

A staff member also nominated Komara, July’s DAISY Award winner, for the recognition. “This nursing team member frequently exhibits great patience and kindness caring for and sitting with an elderly patient,” the staff member explained about Komara, who works on Ward 5-E. Rather than taking a break, Komara goes and stays with the patient, according to the nomination.

“Her interaction with this patient and with many others on the unit exemplifies her ability to adeptly provide care,” Komara’s co-worker stated.

The nomination for August DAISY Award selectee, Walsh-Pouch, of the Cardiology Clinic, stated that she is “always quick to lend a hand and help out; she does what is right for the patient in a caring and compassionate manner.”

Chavez, a nurse in the Mother Infant Care Center, won her second DAISY Award as the September honoree. She received her first DAISY award in 2015. She is the first to receive the DAISY Award twice. Her most recent nomination described her as “compassionate in a very strong, experienced way.” The patient who nominated her also added, “I felt emotionally safe. Thank you for the great staff here.”

Anyone can nominate a nursing team member for the DAISY Award, including patients, family members, staffs, visitors and volunteers.

Nominations can be submitted to any nurse or clerk on your ward or clinic; by e-mail to joan.loepkerduncan.civ@mail.mil; or mailing it to Joan Loepker-Duncan WRNMMC, 8930 Brown Drive, Bldg. 9, Room 2894, Bethesda, Maryland 20889. For additional information about the DAISY Award at Walter Reed Bethesda, please contact Joan Loepker-Duncan at 301-319-4617.

*The patient who nominated her also added, “I felt emotionally safe. Thank you for the great staff here.”*

## NOW LIVE!

The SoMdNews  
App brings you the  
latest local, sports  
and community news  
and information from  
the Southern MD  
Newspapers, 24/7.



The free app is updated  
from our full website,  
**somdnews.com**, in real  
time, delivering you  
the latest headlines.  
Download the app at  
**somdnews.com/newsapp**  
or Scan the QRC code.





Classifieds

Call 301-645-0900

Apartment  
Unfurnished

Equal Housing

All Real Estate advertised here-  
in is subject to the Federal Fair  
Housing Act which makes it ille-  
gal to indicate any preference,  
limitation, or discrimination based  
on sex, handicap, familial status,  
or national origin or an intention  
to make any such preference,  
limitation, or discrimination. We  
will not knowingly accept any  
advertising for Real Estate which  
is in violation of the law. All per-  
sons, are hereby informed that  
all dwellings advertised are avail-  
able on an equal opportunity ba-  
sis. If you believe you have been  
discriminated against in connec-  
tion with the sale, rental, or fi-  
nancing of housing, call the Unit-  
ed States Department of Housing  
and Urban Development at  
1-800-669-9777.



Help Wanted  
Full Time

Driver

**RUAN**

NOW HIRING

In Landover, MD

Great Opportunity!

Dedicated Customer!

Earn up to \$75,000 /Year!

Be home every other day!

\$18.74 per hr. for Short Hauls

49.7¢ per Mile & \$28 per Stop

for Long Hauls

Full benefits available

Call 800-879-7826

for more information

or apply online at

www.ruan.com/job

Dedicated to Diversity. EOE.

Help Wanted  
Full Time

25 DRIVER TRAINEES NEED-  
ED! Become a driver for Stevens  
Transport! NO EXPERIENCE  
NEEDED! New drivers earn  
\$800+ per week! PAID CDL  
TRAINING! Stevens cov-  
ers all costs! 1-888-734-6714  
drive4stevens.com

Misc. Services

A PLACE FOR MOM. The na-  
tion's largest senior living refer-  
ral service. Contact our trusted,  
local experts today! Our service  
is FREE/no obligation. CALL  
1-800-217-3942

Lung Cancer? And 60+ Years  
Old? If So, You And Your Family  
May Be Entitled To A Significant  
Cash Award. Call 877-648-6308  
To Learn More. No Risk. No  
Money Out Of Pocket.

Misc. Services

OXYGEN- Anytime. Anywhere.  
No tanks to refill. No deliver-  
ies. Only 4.8 pounds and FAA  
approved for air travel! May be  
covered by medicare. Call for  
FREE info kit: 844-558-7482

Travel/  
Transportation

ALL INCLUSIVE RE-  
SORT packages at San-  
dals, Dreams, Secrets,  
Riu, Barcelo, Occidental and  
many more. Punta Cana, Mexico,  
Jamaica and many of the Carib-  
bean islands. Search available  
options for 2017 and SAVE  
at www.NCPtravel.com

Wanted to Buy  
Autos

CASH FOR CARS: We Buy Any  
Condition Vehicle, 2000 and  
Newer. Nation's Top Car Buyer!  
Free Towing From Anywhere!  
Call Now: 1-800-864-5960.

Wanted to Buy  
Autos

Donate Your Car to Veterans  
Today! Help and Support our  
Veterans. Fast - FREE pick  
up. 100% tax deductible. Call  
1-800-245-0398

To place an ad  
Call 301-645-0900  
or visit us online at  
classads@  
somednews.com

BUY SELL  
RENT HIRE  
TRADE SHOP  
SWAP FIND  
TO PLACE YOUR AD  
CALL 301-645-0900

BUY SELL RENT HIRE  
TRADE SHOP SWAP  
FIND  
TO PLACE YOUR AD  
CALL 1-301-645-0900



## BEST. GIFTS. EVER.



Metal by Carrie Fertig

**300+ AMERICAN ARTISTS, LIVE!**  
**HANDMADE HEAVEN!**  
 •Exciting Demos  
 •Tasty Treats  
 •Live Music  
 •Kids' Entertainment

**DISCOUNT TICKETS**, show info, exhibitor lists, directions and more at:

**SugarloafCrafts.com**

SUGARLOAF MOUNTAIN WORKS, INC. • 800-210-9900



**SUGARLOAF CRAFTS FESTIVAL**  
 Est. 1975

**DECEMBER 9, 10, 11, 2016**

**DULLES EXPO CENTER**  
 Chantilly, VA • RT 28 at Willard Rd

Admission \$8 online, \$10 at the door - good all 3 days  
 Children under 12 and parking are FREE  
 Fri. & Sat. 10-6, Sun. 10-5

## AGING

From  
 Page 4

works in preventive medicine at Walter Reed Bethesda explained how he maintains well-being in these eight areas for a healthy lifestyle.

His diet consists of whole grain, lean protein, and a lot of fruits and vegetables. He drinks water and decaffeinated coffee. He limits his salts, sweets and unhealthy fats.

"I eat to live, not live to eat," said Johnson, who added he also doesn't eat large portions.

The former long-distance runner works out three days a week in the gym at Joint Base Andrews, Maryland, mostly exercises through calisthenics, using his body weight, and running.

"I focus on four areas: strength, flexibility, cardio and balance." He said exercise helps him manage stress.

Johnson relaxes by listening to music, frequently with a glass of red wine. He nurtures his spirit throughout the day by praying, along with self-acceptance and contentment. He said a mix of activities with

his church and community helps him find balance.

### Health and wellness programs for every age

About one out of every four 65-year-olds today will live past age 90, and one out of 10 will live past 95, according to the Social Security Administration.

Whether you're a young service member in your 20s or beneficiary in your 60s, what you do now can determine how healthy you are in the future, explained Capt. Moira McGuire, a nurse officer with the U.S. Public Health Service who leads Integrated Health and Wellness in internal medicine at WRNMMC.

"The majority of illnesses that we see in internal medicine care really are a result of lifestyle issues," she said.

McGuire suggested asking yourself what is your idea of exercising: would it be more or less if you think you are only going to live another 10 to 12 years, and would you make a different decision if you live to be 100?

"That's what I encourage people to do: plan for 100,"

McGuire said. "I think we make very different decisions when we project that far out. That's what you want to do. You don't want to plan for 70 and end up living to 100."

Integrated Health and Wellness Services are open to all active duty members, retirees and beneficiaries. Most do not require a referral. Walter Reed staff, civilian employees and contractors, may also attend most classes.

Dietitians are available to help with meal planning, weight loss, as well as meal modification to help manage conditions like diabetes or high cholesterol. The program includes two health educators who focus on tobacco cessation.

"We have behavioral health consultants who are able to help people with life changes, managing anxiety, and any depression they might experience," McGuire added. She said mind-body practitioners with the wellness service teach skills such as relaxation, guided imagery and yoga.

Call 301-295-0105 to make an appointment or request the health and wellness class calendar for more information.

Comfortable & Trusted

*Schedule Now to Avoid the End of Year Rush!*

# Dentistry in North Bethesda

**\$79**

**Adult New Patient Exam**  
 Cleaning, Oral Cancer Screening & Xray

Call for your appointment & more details. Coupon necessary. Offers may not be combined.  
 Not redeemable for cash or services.  
 New patients only.

**Complimentary**  
**Veneer, Implant, or**  
**Invisalign Consult**

Call for your appointment & more details. Coupon necessary. Offers may not be combined. Not redeemable for cash or services. New patients only. Not everyone is a candidate.

**\$65**

**Teeth Whitening**  
**To-Go Kit**

No appointment required. Coupon necessary. Not redeemable for cash or services.

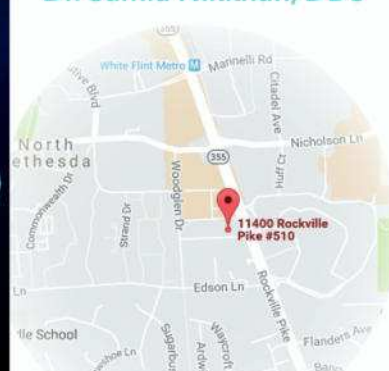
Ask us about Oral-B electric toothbrush, Waterpiks, & other discounted dental health items available at your appointment!

11400 Rockville Pike, #510 - North Bethesda, Maryland 20852 • (301) 979-9071 • [www.PikeDistrictSmiles.com](http://www.PikeDistrictSmiles.com)

- Open Evenings & Weekends
- Your Dental Insurance is Welcome
- We accept ALL PPO insurances
- Same-day and Emergencies Accepted
  - Financing Available
- We speak Spanish & Farsi
- Located Across from Lord & Taylor



Dr. Samia Nikkhah, DDS



Always Accepting New Patients  
**(301) 979-9167**